

Advisory for Corona virus

An outbreak of novel coronavirus was reported in Wuhan, China in late December 2019. There have been cases of coronavirus detected in other Chinese provinces and other countries as well. It is likely that the virus originally came from an animal, and there is now evidence that it is highly contagious and can spread from person to person through droplets even during the incubation period. That is even before the symptoms start to appear in an infected person, he/she would have already spread the virus to few others.

Common signs of infection include-

- Fever
- Cough
- Shortness of breath and breathing difficulties.
- Sore throat
- Tiredness
- In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include:

- Frequent hand washing using alcohol based hand sanitizer or soap and water. MUST wash your hands each time after- coughing or sneezing, when caring for the sick, before, during and after you prepare food, before eating, after toilet use, when hands are visibly dirty, after handling animals or animal waste;
- While coughing or sneezing cover mouth and nose with flexed elbow or tissue - discard tissue/napkin immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal products should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices;
- Wash fruits and vegetables properly before eating;
- Students, teachers and students whose parents have travelled to China in the last 14 days and are at risk of contracting the coronavirus are requested to take off from school till the incubation period of 14 days is over from the time of return from China.

Kind Regards,
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